

Sunday

The Park Center Aquatics Schedule

Sunday

| Time | Leisure Pool | Competition Pool | | | | | | | | Time |
|----------|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|----------|
| | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | |
| 5:00 AM | | | | | | | | | | 5:00 AM |
| 6:00 AM | | | | | | | | | | 6:00 AM |
| 7:00 AM | | | | | | | | | | 7:00 AM |
| 8:00 AM | | | | | | | | | | 8:00 AM |
| 9:00 AM | Open Plunge 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | Lap Swim 9AM - 1:45PM | 9:00 AM |
| 10:00 AM | | | | | | | | | | 10:00 AM |
| 11:00 AM | | | | | | | | | | 11:00 AM |
| 12:00 PM | | | | | | | | | | 12:00 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 3:00 PM | | | | | | | | | | 3:00 PM |
| 4:00 PM | | | | | | | | | | 4:00 PM |
| 5:00 PM | | | | | | | | | | 5:00 PM |
| 6:00 PM | | | | | | | | | | 6:00 PM |
| 7:00 PM | | | | | | | | | | 7:00 PM |
| 8:00 PM | | | | | | | | | | 8:00 PM |
| 9:00 PM | | | | | | | | | | 9:00 PM |
| 10:00 PM | | | | | | | | | | 10:00 PM |

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

PLEASE NOTE

Lap Swimming at other than scheduled times is on space available basis.

The Park Center reserves the right to change the schedule at any time to better serve the needs of our community.

Effective Date:
12/28/2010

Monday

The Park Center Aquatics Schedule

Monday

| | Leisure Pool | Competition Pool | | | | | | | | | | | | | | | | | | | | | |
|----------|------------------------------------|--|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------------------------|-----------------------------|---------|---------|--|--|----------|--|--|---------|---------|--|--|----------|--|--|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time | | | | | | | | | | | | | |
| 5:00 AM | Adult Only Time 5AM - 9AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | 5:00 AM | | | | | | | | | | | | | |
| 6:00 AM | | Murray High 6AM - 8:30AM* Lap swim availability changes depending on A or B day. (A Schedule: 6:30AM - 8:30AM) (B Schedule: 6AM - 7:45AM) *See MHS Schedule for A/B days. | | | | | | | | 6:00 AM | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | | | | | 7:00 AM | | | | | | |
| 8:00 AM | | | | | | | | | | | 8:00 AM | | | | | | | | | | | | |
| 9:00 AM | Easy Does It-Shallow 9AM - 10AM | | | | | | Deep Water Aqua Fit 8:45AM - 9:45AM | | | 9:00 AM | | | | | | | | | | | | | |
| 10:00 AM | Adult Only Time 10AM - 11AM | | | | | | | | | | | | | 10:00 AM | | | | | | | | | |
| 11:00 AM | Open Plunge 11AM - 5:50PM | | | | | | | | | | | | | | | | | | | | 11:00 AM | | |
| 12:00 PM | | | | | | | | | | | | | | | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | | | | | | | | | | |
| 3:00 PM | Murray High 3PM - 4PM | | | | | | | | | | | | | 3:00 PM | | | | | | | | | |
| 4:00 PM | MAC Swim 4PM - 5:30PM | | | | | | | | | | | | | 4:00 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | 5:00 PM | | | | | | | | | |
| 6:00 PM | Aqua Fit-Shallow 6PM - 7PM | Pre-Comp 5:30PM - 6:30PM | | | | | | Lap Swim 5:30PM - 9:45PM | Lap Swim 5:30PM - 9:45PM | 6:00 PM | | | | | | | | | | | | | |
| 7:00 PM | Open Plunge 7PM - 9:45PM | Masters 6:30PM - 7:30PM | | | | | | | | 7:00 PM | | | | | | | | | | | | | |
| 8:00 PM | | | | | | | | | | | 8:00 PM | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | 9:00 PM | | | | | |
| 10:00 PM | | | | | | | | | | | | | | | | | | | | | | | |

LAP SWIMMING ETIQUETTE

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Effective Date:
12/28/2010

Tuesday

The Park Center Aquatics Schedule

Tuesday

| | Leisure Pool | Competition Pool | | | | | | | | |
|----------|--------------------------------|--|----------------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------------|-----------------------------|--------------------------|----------|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time |
| 5:00 AM | Adult Only Time 5AM - 9AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | 5:00 AM |
| 6:00 AM | | Murray High 6AM - 8:30AM* Lap swim availability changes depending on A or B day. (A Schedule: 6:30AM - 8:30AM) (B Schedule: 6AM - 7:45AM) *See MHS Schedule for A/B days. | | | | | | | | 6:00 AM |
| 7:00 AM | | | | | | | | | | |
| 8:00 AM | | | | | | | | | | 8:00 AM |
| 9:00 AM | Aqua Fit-Shallow 9AM - 10AM | | | | | | | | | 9:00 AM |
| 10:00 AM | Adult Only Time 10AM - 11AM | | | | | | | | | 10:00 AM |
| 11:00 AM | Open Plunge 11AM - 3:50PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | 11:00 AM |
| 12:00 PM | | | | | | | | | | 12:00 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 3:00 PM | | | Murray High 3PM - 4PM | | | | | | | |
| 4:00 PM | Swim Lessons 4PM - 7PM | Swim Lessons 4PM - 7PM | MAC Swim 4PM - 5:30PM | | | | | | | 4:00 PM |
| 5:00 PM | | | | | | | | | | 5:00 PM |
| 6:00 PM | | | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Deep Water Aqua Fit 6PM - 7PM | | | 6:00 PM |
| 7:00 PM | Open Plunge 7PM - 9:45PM | Lap Swim 7PM - 9:45PM | Youth Water Polo 7PM - 8:30PM | | | | | | Lap Swim 7PM - 9:45PM | 7:00 PM |
| 8:00 PM | | | | | | | | | | 8:00 PM |
| 9:00 PM | | | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | | 9:00 PM |
| 10:00 PM | | | | | | | | | | 10:00 PM |

LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

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Effective Date:
12/28/2010

Wednesday

The Park Center Aquatics Schedule

Wednesday

| Leisure Pool | | Competition Pool | | | | | | | | |
|--------------|-------------------------------|--|-------------------------------|-----------------------------|-----------------------------|-----------------------------|--|-----------------------------|--------------------------|----------|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time |
| 5:00 AM | Adult Only Time 5AM - 11AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | 5:00 AM |
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| 7:00 AM | | | | | | | | | | 7:00 AM |
| 8:00 AM | | | | | | | | | | 8:00 AM |
| 9:00 AM | | | | | | | Deep Water Aqua Fit 8:45AM - 9:45AM | | | 9:00 AM |
| 10:00 AM | Open Plunge 11AM - 5:50PM | | | | | | | | | 10:00 AM |
| 11:00 AM | | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | | | | 11:00 AM |
| 12:00 PM | | | | | | | Lap Swim 9:45AM - 3PM | Lap Swim 9:45AM - 3PM | Lap Swim 9:45AM - 3PM | 12:00 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 3:00 PM | | Murray High 3PM - 4PM | | | | | | | | 3:00 PM |
| 4:00 PM | | MAC Swim 4PM - 5:30PM | | | | | | | | 4:00 PM |
| 5:00 PM | 5:00 PM | | | | | | | | | |
| 6:00 PM | Aqua Fit-Shallow 6PM - 7PM | Pre-Comp 5:30PM - 6:30PM | | | | | | Lap Swim 5:30PM - 6:30PM | Lap Swim 5:30PM - 7PM | 6:00 PM |
| 7:00 PM | Open Plunge 7PM - 9:45PM | Boy Scouts 7PM - 9PM | Masters 6:30PM - 7:30PM | | | | | | Boy Scouts 7PM - 9PM | 7:00 PM |
| 8:00 PM | | | Water Polo 7:30PM - 9:30PM | | | | | | | 8:00 PM |
| 9:00 PM | | Lap Swim 9PM - 9:45PM | | | | | | | | |
| 10:00 PM | | | Lap Swim 9:30PM - 9:45PM | Lap Swim 9:30PM - 9:45PM | Lap Swim 9:30PM - 9:45PM | Lap Swim 9:30PM - 9:45PM | Lap Swim 9:30PM - 9:45PM | Lap Swim 9:30PM - 9:45PM | 10:00 PM | |

LAP SWIMMING ETIQUETTE

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Effective Date:
12/28/2010

Thursday

The Park Center Aquatics Schedule

Thursday

| | Leisure Pool | Competition Pool | | | | | | | | |
|----------|--------------------------------|--|----------------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------------|-----------------------------|--------------------------|----------|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time |
| 5:00 AM | Adult Only Time 5AM - 9AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | 5:00 AM |
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| 7:00 AM | | | | | | | | | | 7:00 AM |
| 8:00 AM | | | | | | | | | | 8:00 AM |
| 9:00 AM | Aquafit-Shallow 9AM - 10AM | | | | | | | | | 9:00 AM |
| 10:00 AM | Adult Only Time 10AM - 11AM | | | | | | | | | 10:00 AM |
| 11:00 AM | Open Plunge 11AM - 3:50PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | 11:00 AM |
| 12:00 PM | | | | | | | | | | 12:00 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 3:00 PM | | Murray High 3PM - 4PM | | | | | | | | 3:00 PM |
| 4:00 PM | Swim Lessons 4PM - 7PM | Swim Lessons 4PM - 7PM | MAC Swim 4PM - 5:30PM | | | | | | | 4:00 PM |
| 5:00 PM | | | | | | | | | | 5:00 PM |
| 6:00 PM | | | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Lap Swim 5:30PM - 7PM | Deep Water Aqua Fit 6PM - 7PM | | 6:00 PM | |
| 7:00 PM | Open Plunge 7PM - 9:45PM | Lap Swim 7PM - 9:45PM | Youth Water Polo 7PM - 8:30PM | | | | | | Lap Swim 7PM - 9:45PM | 7:00 PM |
| 8:00 PM | | | | | | | | | | 8:00 PM |
| 9:00 PM | | | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | Lap Swim 8:30PM - 9:45PM | | 9:00 PM |
| 10:00 PM | | | | | | | | | | 10:00 PM |

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Effective Date:
12/28/2010

Friday

The Park Center Aquatics Schedule

Friday

| | Leisure Pool | Competition Pool | | | | | | | | | | | | | |
|----------|------------------------------------|--|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|-----------------------------|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|----------|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time | | | | | |
| 5:00 AM | Adult Only Time 5AM - 9AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | Lap Swim 5AM - 6AM | 5:00 AM | | | | | |
| 6:00 AM | | Murray High 6AM - 8:30AM* Lap swim availability changes depending on A or B day. (A Schedule: 6:30AM - 8:30AM) (B Schedule: 6AM - 7:45AM) *See MHS Schedule for A/B days. | | | | | | | | 6:00 AM | | | | | |
| 7:00 AM | | | | | | | | | | 7:00 AM | | | | | |
| 8:00 AM | | | | | | | | | | 8:00 AM | | | | | |
| 9:00 AM | Easy Does It-Shallow 9AM - 10AM | | | | | | Deep Water Aqua Fit 8:45AM - 9:45AM | | | 9:00 AM | | | | | |
| 10:00 AM | Adult Only Time 10AM - 11AM | | | | | | | | | 10:00 AM | | | | | |
| 11:00 AM | Open Plunge 11AM - 9:45PM | | | | | | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 8:30AM - 3PM | Lap Swim 9:45AM - 3PM | Lap Swim 9:45AM - 3PM | Lap Swim 9:45AM - 3PM | 11:00 AM |
| 12:00 PM | | | | | | | | | | | | | | | 12:00 PM |
| 1:00 PM | | | | | | | 1:00 PM | | | | | | | | |
| 2:00 PM | | | | | | | 2:00 PM | | | | | | | | |
| 3:00 PM | | Murray High 3PM - 4PM | | | | | | | | 3:00 PM | | | | | |
| 4:00 PM | | MAC Swim 4PM - 5:30PM | | | | | | | | 4:00 PM | | | | | |
| 5:00 PM | | | | | | | | | | 5:00 PM | | | | | |
| 6:00 PM | | Pre-Comp 5:30PM - 6:30PM | | | | | | Lap Swim 5:30PM - 9:45PM | Lap Swim 5:30PM - 9:45PM | 6:00 PM | | | | | |
| 7:00 PM | | | | | | | 7:00 PM | | | | | | | | |
| 8:00 PM | | Lap Swim 6:30PM - 9:45PM | Lap Swim 6:30PM - 9:45PM | Lap Swim 6:30PM - 9:45PM | Lap Swim 6:30PM - 9:45PM | Lap Swim 6:30PM - 9:45PM | 8:00 PM | | | | | | | | |
| 9:00 PM | | | | | | 9:00 PM | | | | | | | | | |
| 10:00 PM | | | | | | 10:00 PM | | | | | | | | | |

LAP SWIMMING ETIQUETTE

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Saturday

The Park Center Aquatics Schedule

Saturday

| | Leisure Pool | Competition Pool | | | | | | | | |
|----------|------------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|----------|
| Time | | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Time |
| 5:00 AM | | | | | | | | | | 5:00 AM |
| 6:00 AM | | | | | | | | | | 6:00 AM |
| 7:00 AM | Adult Only Time 7AM - 9AM | Murray High 7AM - 8:30AM | | | | | | | | 7:00 AM |
| 8:00 AM | | | | | | | | | | 8:00 AM |
| 9:00 AM | Swim Lessons 9AM - 12PM | Swim Lessons 9AM - 12PM | | | | | | | Swim Lessons 9AM - 12PM | 9:00 AM |
| 10:00 AM | | | | | | | | | | 10:00 AM |
| 11:00 AM | | | | | | | | | | 11:00 AM |
| 12:00 PM | Open Plunge 12PM - 6:45PM | Lap Swim 12PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 8:30PM - 6:45PM | Lap Swim 12PM - 6:45PM | 12:00 PM |
| 1:00 PM | | | | | | | | | | 1:00 PM |
| 2:00 PM | | | | | | | | | | 2:00 PM |
| 3:00 PM | | | | | | | | | | 3:00 PM |
| 4:00 PM | | | | | | | | | | 4:00 PM |
| 5:00 PM | | | | | | | | | | 5:00 PM |
| 6:00 PM | 6:00 PM | | | | | | | | | |
| 7:00 PM | | | | | | | | | | 7:00 PM |
| 8:00 PM | | | | | | | | | | 8:00 PM |
| 9:00 PM | | | | | | | | | | 9:00 PM |
| 10:00 PM | | | | | | | | | | 10:00 PM |

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